

# Thunderbolt

Vol. 1, No. 30

Luke Air Force Base, Ariz.  
*Growing Warriors and Leaders for Our Aerospace Forces*

Nov. 21, 2001



Montage by Senior Airman Edward Garner

## Thunderbolts celebrate anniversary

**By Staff Sgt. J. Propst**  
*56th Fighter Wing Public Affairs*

More than 350 community leaders, local business owners and Luke Thunderbolts gathered Saturday to celebrate the 56th Fighter Wing and Luke's 60th anniversary and welcome about 60 honorary commanders into the Air Force family.

The evening began about 6 p.m. when guests started arriving at the 61st Fighter Squadron hangar, which had been transformed with an F-16 static display, military photographs, inert munitions and an F-16 engine.

Brig. Gen. Steve Sargeant, 56th FW commander, welcomed everyone and spoke about Luke's mission and how Thunderbolts are supporting the Combat Air Forces and Operation Enduring Freedom. He also thanked local leaders for their outstanding support.

The Chairman of the House Armed Services Committee U.S. Rep. Bob Stump addressed the audience and encouraged continual participation.

General Sargeant and Congressman Stump then presented Luke supporter Wallace Denny with a Luke Civic Leader Award for his family's lifetime support of Luke Air Force Base.

The City of Phoenix Law Department then presented Luke with a banner showing their support of the armed forces.

The last event was the induction of about 60 honorary commanders. These "commanders" serve one year with an assigned squadron or group, allowing them to become familiar with Luke and the military.

"We trust your investment in time will be richly rewarded with the new friends, experiences and camaraderie you will enjoy here at Luke," General Sargeant said to the new inductees.

The Honorary Commander Program not only takes Luke's message out to the local community, but at the same time, the honorary commanders share information about the community with Luke.

General Sargeant then administered a pledge charging the honorary commanders to learn the mission of Luke, participate in squadron activities, be a U.S. Air Force ambassador, and lastly, have fun.

For pictures of the reception, see Page 12.

## Team Luke hosts holiday activities

**Thanksgiving dinner:** The Desert Star Enlisted Club Thanksgiving buffet is Thursday from 10 a.m. to 1:30 p.m. The cost is \$12.50 for adults, \$6.25 for children ages 6 to 12, and children 5 and younger are free. Reservations are required and must be made today. Call (623) 935-2610 for more information.

The Officers' Club Thanksgiving brunch is Thursday from 11 a.m. to 3:30 p.m. The cost is \$12.95 for adults, \$7.95 for children ages 6 to 12 years, and children 5 and younger are free. Reservations are required and must be made today. Call (623) 856-6446 for more information.

**Adopt-a-Family:** Donations are needed by Dec. 11 to help more than 200 Luke families this holiday season. To adopt a family, call Staff Sgt. Rodney Winfield at (623) 856-5606.

## Action Line



Brig. Gen. Steve Sargeant  
56th FW commander

The 56th Fighter Wing Commander's Action Line is your direct line to me. I get personally involved in every reply. Your ideas and concerns help build a stronger foundation on which we can successfully complete our mission and take care of our people.

Before you call the Action Line, please give Luke's professionals a chance to answer your question in concert with your unit chain of command. If the appropriate expert is unable to provide a satisfactory response, call me at (623) 856-7011 or send an e-mail to [command.actionline@luke.af.mil](mailto:command.actionline@luke.af.mil). Please include your name and telephone number so I can provide a personal reply to your concern. Together we can make Luke Air Force Base a better place to live and work.

<b>Who to call:</b>	
<b>Fraud, waste and abuse hotline</b>	856-6149
<b>Base exchange</b>	935-4652
<b>Civil engineer customer service</b>	856-7231
<b>Commissary</b>	935-3821
<b>Patient advocate</b>	856-9100
<b>Legal assistance</b>	856-6901
<b>Law enforcement desk</b>	856-5970
<b>Housing office</b>	856-7643
<b>Military pay</b>	856-7028
<b>MPF customer service</b>	856-7874

### Thanks 56th SFS

**Comment:** I am calling to congratulate the men and women at the front gate. They are so courteous and I appreciate them.

**Answer:** Thanks for your call. I am also proud of our security forces personnel and the augmentees that are helping to provide a secure base for all of our folks. Since Sept. 11, we have all had unique challenges, but especially our security personnel. I will definitely pass on your words of appreciation to our gate guards.



E-mail, [command.actionline@luke.af.mil](mailto:command.actionline@luke.af.mil) or call, **(623) 856-7011**.  
For family matters, visit [www.luke.af.mil/lukefam](http://www.luke.af.mil/lukefam) or call, **(623) 856-4243**

## Sortie Scoreboard

### Fiscal year 2002 programmed flight training

	To date	Goal
Sorties flown	<b>3,906</b>	<b>39,376</b>
Flying hours	<b>5,328.2</b>	<b>51,687</b>
Pilot graduates	<b>87</b>	<b>995</b>
MRA graduates	<b>86</b>	<b>937</b>

Luke people deployed:  
AEF 7/8: **69**   AEF 9/10: **24**  
Others: 58

# Commentary

## AF chief of staff discusses mission, role after attacks

By Gen. John P. Jumper

Air Force chief of staff

As Operation Enduring Freedom and Noble Eagle continue to evolve, we are learning more about their impact on our AEF rotation patterns. We have all heard the president and secretary of defense speak. This will be a long struggle and our Expeditionary Air Force must adjust to its pace and rhythm.

Already, in two short months, the war on terrorism and protecting our homeland from further attack have put significant strains on our air and space forces as well as our Air National Guard and Air Force Reserve. You have responded magnificently to unprecedented events — our nation is proud of its Air Force. We still have much to do and it's important that I explain what we've done over the last two months and what you can expect in the future.

On Sept. 11, our Air Force — our total force — was among the first to respond, launching interceptors and tankers from alert across the United States. Within hours we provided disaster assistance and began flying homeland defense missions that have continued around-the-clock since then — fighters, tankers, Airborne Warning and Control System aircraft, and air control squadrons all across America stood up overnight to prevent another airborne attack. Our security forces also responded magnificently when, for the first time ever, all our installations went to Force Protection Condition Charlie and Delta. We mobilized the Air Reserve Center in large numbers and they have met every challenge at home and abroad.

Once it became clear we needed to send air and space capability forward, we responded with forces from the on-call Air Expeditionary Wing supplemented with residual capability from Air Expeditionary Forces 7 and 8. In addition, our global reach structure responded and established the airbridge enabling our forces to deploy expeditiously.

The requirements continued to grow and we soon exceeded the capability resident in the on-call AEW and AEF pair. Staying within the AEF construct, we rolled forward to the next AEF pair, which was in the

spin-up process for their upcoming on-call period.

Unlike past experience, much of the deployment strain has fallen on our expeditionary combat support forces. Some high-demand support areas have exceeded their on-call capabilities in AEFs 7 and 8, and 9 and 10 and we have rolled forward into later AEFs. We are in surge mode — and will likely stay there for some time.

Many have asked when we will rotate forces supporting Operation Enduring Freedom. We are studying all the options and anticipate making a

decision before the end of the calendar year. We do not foresee the capability to rotate Operation Enduring Freedom forces at the three-month point — we expect to provide relief some time in the February or March timeframe.

It is important for everyone in the Air Force to realize the mission has changed and they may have to spend more than the usual 3 months in the field.

Also, in a few cases, we have insufficient capability to relieve currently deployed forces — a very small number of individuals, currently about a dozen, will be frozen in place until we can identify their replacements. We are working hard to reduce that number to zero so everyone can rotate. My objective is to keep the AEF construct intact as long as possible to maximize stability for our total force.

Looking to the future, in the near-term I expect we will experience significant impacts to our training, organization, and resources. I have tasked the air staff and our major commands to analyze the short- and long-term impacts of this war on our Air Force and our people. We will adjust our rotational patterns to meet the challenges we face and remain combat capable.

Our nation is at war with terrorism — there is no more "business as usual." The AEF essentials of predictability, stability, rhythm and capability will remain intact to the maximum extent practical, but we must do whatever it takes to continue meeting our war fighting and homeland defense commitments. The eyes of all Americans are on us as we stand tall against terrorism — we must, and will, meet every challenge!

## CC sends holiday message

By Brig. Gen. Steve Sargeant

56th Fighter Wing commander

This Thanksgiving we have many things to be thankful for. As Americans we should, now more than ever, count our blessings and share in the comfort and company of family and friends. This Thanksgiving gives us a chance to refocus our priorities and give thanks to be a part of this great country and a part of the military that helps make it great.

This is also a great opportunity for people to help others who may have lost loved ones in some of the recent tragedies or who are less fortunate.

From its pilgrim heritage, Thanksgiving has come to signify the American spirit — a spirit both of self-reliance and of gratitude for the abundance in our land. That spirit, more than anything, helped to nurture the freedom and prosperity we Americans hold dear. It's this same spirit which has sustained generations of military members, their families, and government civilians who defended our freedom in the past.

As we gather with friends and family to offer thanks, we carry the growing hope that one day all nations will share the same blessings of liberty. That

hope has taken deeper root, thanks to our dedicated men and women in uniform, who have stood and stand now in defense of freedom around the globe.

Today more than 90,000 Air Force members, including more than 120 Thunderbolts, are overseas and separated from family and friends. Our thoughts and prayers are with them and their loved ones as they perform their vital mission.

It isn't always easy doing the things we've accomplished. It has meant enduring long separations, making hard choices and sacrifices and persevering through hardship. Along the way we've laid to rest some of our own, proving again that all we strive for and fight to maintain doesn't come without cost.

It's been more than two months since the attacks on the World Trade Center and the Pentagon, and it will be easy to fall prey to a false sense of security during the holidays. Your attitude and vigilance have been noted and appreciated, but we cannot let up. Stay alert, stay safe and, most of all, stay proud of your role in the preservation of this country.

To all the members and families of Luke, Vivie and I thank you for your dedication and commitment. May you have a safe and happy holiday!

### Editorial information

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Airman Delvin Barnes

A local contractor paints "Beware the Thunderbolts!" on Luke's south water tower Friday while getting a fresh coat of paint. The project is one of many funded thanks to money re-invested at the end of fiscal year 2001.

# Luke improves base with end-of-fiscal year money

By Staff Sgt. J. Propst  
56th Fighter Wing Public Affairs

Luke's larger water tower got a new look Friday as one of many projects funded thanks to money re-invested at the end of fiscal year 2001.

The south water tower was painted to remind us of our proud heritage. The base marquee also saw improvements Friday as contractors began its upgrades.

To determine each project's priority, wing officials devised a spend plan identifying items as must pays, mission essential and mission enhancement. As a result, Luke reinvested \$3.9 million in work place and Thunderbolt quality-of-life projects as well as base beautification.

"We were able to sustain aerospace power with fewer dollars by knowing the cost of doing business," said Brig. Gen. Steve Sargeant, 56th Fighter Wing commander. "Consequently, we were able to reinvest money to the greater good and morale of all Thunderbolts."

Items included everything from new gym equipment to flightline sunshades.

"Our ability to forecast the minimum requirements to accomplish the mission allowed for greater funds flexibility," said Lt. Col. Michael Shaw, 56th Comptroller Squadron commander. "We were able to fund mission-critical and mission-enhancement needs while simultaneously providing for facility improvements."

These facility improvements included renovations and repairs for the 56th Operations Group, 308th Fighter Squadron, 56th Transportation Squadron, 56th Equipment Maintenance Squadron, 56th Logis-

tics Support Squadron, 56th Component Repair Squadron, the Officers' Club and the community center.

Wing leaders also used end-of-year money for quality-of-life projects.

Since Sept. 30, 56th TRANS has installed air conditioning and insulation in several flightline vehicles. Airmen will also be cooler on the flightline with the installation of 18 additional sunshades bought with end-of-year money.

Airmen are also seeing improvements in their dormitories. New furniture has been ordered, which includes full-sized headboards with mattresses and boxsprings, three-drawer dressers, nightstands, wall units, table and floor lamps, desks with two-position desk chairs and recliners.

"It's important because the dorm is all we (airmen) have to call home," said Airman 1st Class Brenda Cornell, 56th Mission Support Squadron personnel specialist. "It's also important for our buildings to be up to speed with the others on base. It's more comfortable for us."

Airmen working in the flightline or living in the dormitories aren't the only people seeing the improvements. More than 1,000 computers were bought with end-of-year money and most are already in offices.

"Now, no Thunderbolt will have a computer on his or her desk older than five years," Colonel Shaw said.

Funds were also used for large-scale improvements, including a new roof for Dormitory 542. Another large-scale improvement was the installation of flight tape viewers in several fighter squadrons.

## News Briefs

### Dorm council meeting

The dorm council will meet Dec. 3 at 1 p.m. in the 56th Fighter Wing conference room, Bldg. 452. The dorm council is open to all airmen living in the dorms. Call Senior Airman Scotty Backhaus at (623) 856-9308 for more information.

### Range trespass notice

The Combat Arms Ranges located at Bldg. 909 and 918, and the grenade launcher training area located at the Luke Auxiliary Field are off-limits to unauthorized personnel because live fire training is conducted there. For more information about firing ranges, call (623) 856-6678.

### Spouse briefing

The Luke Family Support Center is conducting a Spouse 101 briefing Nov. 28 at Bldg. 1113 to inform military spouses and spouses-to-be on the mission, goal, objectives, and programs of the Air Force and their units. Call (623) 856-6835 for more information.

### Career Focus briefing

The 56th Fighter Wing career adviser is hosting a Career Focus, Right Decision briefing Dec. 6 from 9 to 10:30 a.m. in the Falcon Room of the community center to inform military members about career decision making. Supervisors and unit career advisors are encouraged to attend. Call (623) 856-2985 for more information or e-mail 56fw.caa@luke.af.mil to reserve a seat.

### Leave accrual

Special leave accrual for service members will not be seen until the January end-of-month Leave and Earnings Statement.

For more information, call (623) 856-7819.

### Civilian personnel training

Civilian employees who were unable to attend the initial briefings in October are required to attend mandatory makeup training on the new Defense Department system for civilian personnel operations Dec. 5 at 3 p.m. in the base theater. Contact the Civilian Personnel Flight at (623) 856-7758 for more information.

### Holiday hours

The shoppette will be open 10 a.m. to 4 p.m. Thursday, Thanksgiving Day. All other Army and Air Force Exchange facilities will be closed.

The commissary will be closed Thursday, Thanksgiving Day, and will reopen Friday at 9 a.m.

### Instructors needed

The 56th Fighter Wing safety office needs Motorcycle Safety Foundation Instructor candidates.

Contact Master Sgt. Lori Ault at (623) 856-6105 for more information.

### Mail restrictions

Mail restrictions to the following Armed Forces Post Offices have been canceled: 09309, 09310, 09316, 09345 and 09395. Before mailing packages, however, people should ensure the cancellations have been updated by checking with the postal service retail clerk.

### Safety video

The fire prevention office has a Christmas tree safety video showing at 7:30 and 11:30 a.m.; and 2:30, 6:30 and 8:30 p.m. on the Commander's Access Channel. For more information, call (623) 856-3766.

### Volunteers needed

The Tax Center needs civilian Red Cross volunteers to help as receptionists, paper processors, tax preparers and tax advisors. Professional experience is not necessary; however, office experience and basic computer skills are helpful. The center will be open mid-January through April 15 on Mondays, Tuesdays and Thursdays from 8 a.m. to 4 p.m. and Wednesdays 8 a.m. to 1 p.m.

Training will be held in December. For an application or more information, call (623) 856-6901.

### SGLI extension

The grace period to reduce or decline spouse coverage for Servicemen's Group Life Insurance has been extended to Dec. 31. For more information, contact James Nelson at (623) 856-7722.

## Thunderbolt Instructor Pilot of the Week

**Name:** Capt. Shawn "Rage" Anger, 308th Fighter Squadron

**Duty title:** F-16 instructor pilot, programmer

**Hometown:** Fennville, Mich.

**Family:** Wife, Micki, and dogs, Monty and Jet

**Education:** Bachelor's degree in engineering mechanics from the U.S. Air Force Academy, Colorado Springs, Colo.

**Time in service:** Nine years

**Previous assignments:** Laughlin Air Force Base, Texas; and Cannon AFB, N.M.

**Inspirations:** My faith in God and my wife

**Goals:** Be the best F-16 instructor pilot I can be and get selected to go to the Air Force Fighter Weapons School, Nellis AFB, Nev.

**Greatest feat:** Led a four-ship of my peers on a combat mission over Iraq

**Hobbies, off-duty interests:** Hunting, biking, camping and woodworking

**Commander's comments:** "Rage is our go-to guy because no matter the task, he delivers," said Lt. Col. Samuel Johnston, 308th FS commander. "Students find him to be a super instructor pilot. He leads in flying as well as aspects outside the flying environment."



Anger

# 56th CES cleans up at AETC competition

**Editors note:** Due to an error, the second half of this story was not printed in the Nov. 16 issue. This is the story in its entirety.

**By Staff Sgt. J. Propst**  
*56th Fighter Wing Public Affairs*

The 56th Civil Engineer Squadron recently hammered home four flight, five individual and an environmental quality award from AETC.

The Dragonslayers won the awards for a range of activities, from helping to improve Arizona's air quality to expanding facility hours.

"I am impressed with the accomplishments of the civil engineer squadron this year," said Col. Robert Worley, 56th Support Group commander. "To win that many awards in such a tough competition is phenomenal. These awards are recognition of the great things CE does for all Luke Thunderbolts."

## Environmental quality

The civil engineers earned the Thomas D. White Environmental Quality Award for the third consecutive year as the first major Air Force installation postured for removal from the Environmental Protection Agency's National Priority List.

"It was a culmination of efforts by all of Team Luke that made us the first major base to be taken off the list," said 1st Lt. Matthew Bender, Environmental Compliance Assessment and Management Program manager. "It's one of our bigger accomplishments."

The squadron also closed 82 percent of ECAMP findings within 90 days and their self-inspection program reduced air



Courtesy photo

*Airman 1st Class Drew Hall, 56th Civil Engineer Squadron Readiness Flight, shows Team Luke members how to don a gas mask during ability to survive and operate training.*

findings by 94 percent. The ECAMP also resulted in 17 positive findings, more than any other AETC base in the program's history.

AETC also lauded Luke's recycling program, which earns \$250,000 annually. Some funds are then used for quality-of-life projects and to support Luke's mission.

The squadron's Trip Reduction Program increased van pooling by more than 700 percent. This eliminated 63 daily single-occupancy vehicle trips, reducing air pollution in the local area. The TRP also partnered with the local community to develop a Luke bus route, which has more than 2,000 riders each month.

## Readiness Flight

The 56th CES Readiness Flight won the Col. Frederick J. Riemer Award, making it the top readiness flight in AETC.

The readiness flight manages the largest mobility mission in AETC. Last year they trained 3,800 base personnel on how to survive and operate after a biological or chemical attack. Additionally, the flight also improved response integration within the Phoenix area with hands-on F-16 hazard training.

"They're not familiar with hazards associated with the F-16. We need to educate local responders on the best way to handle a mishap," said Michael Badillo,

56th CES Readiness Flight deputy chief. "It's part of our bigger focus of being part of the community."

The readiness flight also improved training by initiating a \$46,000 self-help project to improve the learning environment for their students. They installed surround sound audio, wall coverings, and oak paneling and removed embedded asbestos from the training facility.

## Fire Protection Flight

The 56th CES Fire Protection Flight won the Chief Master Sgt. Ralph Sanborn award. They saved several lives during fiscal year 2001, including providing care to seven critically injured patients involved in a vehicle accident, giving artificial respiration to a 2-week old infant, and rescuing two victims overtaken by bees on the base water tower.

The fire department also worked to ensure firefighters were properly trained to perform rescues. To do this, they developed a partnership with General Motors to use test vehicles for automobile extraction training. This saved the Air Force \$5,000 in training costs and prepared the firefighters for patient removal in 18 vehicle accidents.

The flight also paid tribute to fallen Phoenix firefighters by raising more than \$2,000 for their families.

## Operations Flight

The 56th CES Operations Flight won the Maj. Gen. Clifton D. Wright award. The flight provided uninterrupted service to Luke's flying operations when control tower operations were moved.

See **CES**, Page 6

## Vehicle insulation

# 56th TRANS improves flightline operations

**By Airman Kara Philp**  
*56th Fighter Wing Public Affairs*

The 56th Transportation Squadron officially accepted 10 newly insulated vehicles into Luke's fleet during a ribbon-cutting ceremony Nov. 13.

The insulating project began in mid-October as a way to ensure the efficiency of newly installed air conditioning units.

"This was an overall wing effort," said Lt. Col. Gary Larberg, 56th TRANS commander. "By doing this, we're saving the wing money."

To improve working conditions for airmen on the flightline, money was set aside to install air conditioning units in 19 flightline vehicles. The new air conditioning units were installed in September, which decreased inside temperatures by 13 degrees. Transportation officials

then determined insulating the vehicles would drop the temperature an additional seven degrees.

An insulating team was then composed of people from the squadrons slated to receive the vehicles. The teams included members from six fighter squadrons and 56th TRANS.

By doing the work in house, Luke is saving about \$1,800 per vehicle rather than having civilian contractors make the modifications. Once complete, the vehicles are dispersed among fighter squadrons, and the 56th Component Repair, Equipment Maintenance and Transportation squadrons.

"Saving money is what we figured out how to do, but our objective was improving the quality of life of the flightline troops. In the process we saved money," said 1st Lt. Ray McPherson, 56th TRANS Vehicle Maintenance Flight commander.

Saving money is not the only benefit.

"The attitudes of the guys coming over here are gung ho," Colonel Larberg said. "They receive the benefits and they are appreciative."

Now flightline personnel can better accomplish the mission.

"Now we can hear our radios because we can keep the windows up," said Staff Sgt. Jamie Wertz, 308th Fighter Squadron specialist expediter. "These conditions make technicians more readily available on the flightline."

The vehicles now maintain about an 83-degree temperature, more than 20 degrees lower than before.

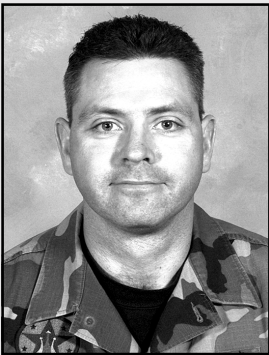
"Troops are refreshed and ready to better perform their jobs," Sergeant Wertz said. "After working in this degree of weather for so long it's a nice break."

The rest of the vehicles should be complete by Jan. 15.

## Wing Warrior

*This column recognizes Team Luke members' contributions to wartime readiness in the tradition of 2nd Lt. Frank Luke.*

**Name:** Tech. Sgt. Michael Brooksher, 56th Component Repair Squadron  
**Duty title:** Accessory repair production supervisor  
**Hometown:** Paducah, Ky.  
**Time in service:** 16 years  
**Previous assignments:** Homestead Air Force Base, Fla.; Torrejon Air Base, Spain; Kelly AFB, Texas and Kunsan AB, Republic of Korea  
**Inspirations:** My parents  
**Goals:** To make master sergeant the first time testing  
**Greatest feat:** Shooting even par in golf  
**Self-description:** Hard working and outgoing  
**Famous last words:** "I should have known better."  
**Hobbies, off-duty interests:** Golf and fishing  
**Commander's comments:** "Sergeant Brooksher is an absolutely outstanding example of our propulsion leadership," said Col. Arthur Cameron, 56th Logistics Group commander. "He does what it takes to get the job done right the first time. Because of his commitment to excellence, 56th CRS reached a milestone of five spare engines, a first in the history of Luke."

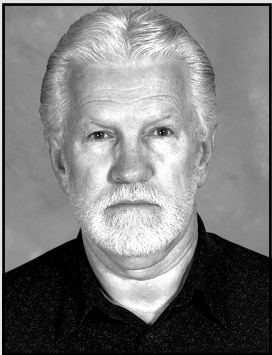


Brooksher

## Luke's Spirit

*Brig. Gen. Steve Sargeant, 56th Fighter Wing commander, uses this column to recognize Team Luke members' outstanding customer service.*

**Name:** Gary Lewis, 56th Civil Engineer Squadron  
**Duty title:** Furnishings management supervisor  
**Hometown:** Lansing, W.Va.  
**Time in service:** 42 years: 20 military and 22 civil service  
**Family:** Wife, Linda; one daughter; two sons and 10 grandchildren  
**Inspirations:** God and my wife of 42 years  
**Goals:** Retire in a few months and travel  
**Greatest feat:** Completing 20 years of military service and being shrapnel free from my Vietnam tour  
**Self-description:** I strive to do my best in life  
**Famous last words:** "Honesty and persistence go a long way."  
**Commander's comments:** "Mr. Lewis is focused on providing quality customer service and technical support for Luke's dormitory and lodging facilities," General Sargeant said. "Because of his 'customer comes first' attitude and exceptional material handling skills, Team Luke always get first-rate services when requesting supply support. He has our airmen's interest at heart."



Lewis

# 56th Fighter Wing conducts annual picnic bash Nov. 30

By Staff Sgt. Nancy L. Dreessen  
*56th Fighter Wing Public Affairs*

The 56th Fighter Wing picnic kicks off at noon Nov. 30 at baseball field four behind the fitness center.

The picnic, sponsored by the Peoria Chamber of Commerce Military Affairs Committee, offers free food and activities for Team Luke.

“It’s a great opportunity for people to come out, eat, and spend time with family and friends,” said 1st Lt. John Upthegrove, 56th Services Squadron Combat Support Flight chief.

Free hamburgers, hotdogs and assorted beverages are served at noon.

The Luke All Stars softball team takes on the Peoria Chamber of Commerce team at 1 p.m.

A squadron one-pitch softball tournament is at 2 p.m. Thunderbolts interested in participating must contact their squadron sports representative by Nov. 29.

“(During the June picnic) everyone looked like they were having a good time playing softball,” said Airman 1st Class Christy Melvin, 56th Mission Support Squadron information manager.

“(Organizers) also did an excellent job preparing the food.”

Giveaways from more than 30 Peoria Chamber businesses, including Polar Ice, and Sam’s Club are also planned.

*“It’s a great opportunity for people to come out, eat, and spend time with family and friends.”*

*1st Lt. John Upthegrove*  
56th Services Squadron Combat Support Flight chief

## Chief’s Finest

*Each month the Luke’s Chiefs Council chooses an airman who goes above and beyond in carrying out his or her daily Air Force duties. Following is their November recipient:*

**Name:** Airman 1st Class Mike Jensen, 56th Component Repair Squadron

**Duty title:** Avionic sensors maintenance journeyman

**Hometown:** Cresco, Iowa

**Family:** Still single, but I have a dog

**Inspirations:** Mother, father, brother, retired Chief Master Sgt. Dick Jensen and the people I work with every day

**Goals:** To further my education and continue to have fun at work.

**Greatest feat:** Putting up with all of the hooligans I work with.

**Hobbies, off-duty interests:** Golf, racquetball and watching the Minnesota Vikings

**Famous last words:** “Well alright, alright, alright!”

**Chief’s comments:** “Airman Jensen is a model airman. His duty performance, continuous self-improvement and commitment to community involvement make him the perfect example for all airmen,” said Chief Master Sgt. Jay Groff, 56th CRS first sergeant. “His recent selection as the 56th Fighter Wing’s Airman of the Quarter and the Luke Chiefs’ Council’s Finest recipient are certainly examples of earned and deserved recognition.”



*Jensen*

## Don't move ...



Tech. Sgt. Mark Davis

*Tech. Sgt. Michelle Bell, 308th Fighter Squadron life support technician, adjusts Ron Kaplan's helmet before an orientation flight Thursday with the 308th FS. Mr. Kaplan is a civilian artist who has donated several pieces of art to the U.S. Air Force over the years.*

# CES

Continued from Page 4

“We have a contract to produce fighter pilots and crew chiefs,” said Tom Myers, 56th CES Operations Flight deputy chief. “By stopping communications we would have had to stop producing fighter pilots and crew chiefs for a time.”

They also assisted units in helping themselves. They served more than 5,000 self-help customers, helping them finish 83 projects and issuing more than \$435,000 in supplies.

The flight is also credited with helping eliminate 50 percent of pesticides used on base which eased environmental impact and saved \$5,000.

## Housing Flight

The 56th CES Housing Flight won the Brig. Gen. Michael A. McAuliffe award for improving its procedures maintenance and decreasing turn around time for 874 housing units by 20 percent.

They also improved dormitory residents quality of life by buying new furniture and providing a brochure listing addresses for phone and television

access, emergency numbers as well as other information.

The flight also maintained a 95-percent dormitory occupancy rate, exceeding the AETC goal and saved \$25,000 in basic allowance for housing costs.

The five individual award winners are: Maj. Scott Battles, who won the Outstanding Civil Engineer Manager of the Year award in the officer category; 1st Lt. Matthew Bender, who won the Maj. General Eugene A. Lupia Award; Master Sgt. Vernon Raye, who won the Society of American Military Engineers Goddard Medal; Master Sgt. Gale Benton, who won the Outstanding Civil Engineer Manager of the Year in the enlisted category; and Master Sgt. David Fain, who won the Outstanding Civil Engineer Manager of the Year in the military superintendent category.

“These awards reflect the professionalism, dedication, and hard work of the men and women who proudly call themselves ‘Dragonslayers,’” said Lt. Col. John Lohr, 56th CES commander.

“From a larger perspective, they reflect the tremendous opportunities and support we continuously receive from our leadership and customers. I could not be any prouder of our many accomplishments,” he said.

# Operation 40 Proof kicks off

By Airman Susan McQueary  
*56th Fighter Wing Public Affairs*

The 56th Fighter Wing Safety office kicked off its annual Operation 40 Proof campaign Monday to help keep Thunderbolts safe during the holiday season. Operation 40 Proof focuses on the second riskiest time of the year for mishaps by Air Force members—the 40 days from Thanksgiving through New Year’s Day.

The holiday season is hazardous because daylight hours are shorter and the weather where Thunderbolts are traveling may cause road conditions to deteriorate. Also during this time, parties increase and with it the chance for people to drive under the influence of alcohol. “This year the Thunderbolts can meet these challenges by planning ahead,” said Roger Cox, 56th Fighter Wing ground safety manager. “Without the personnel, the high-tech computers, satellites and aircraft are just metal and wires,” said Bernard Bruce, 56th FW ground safety specialist. “Planning ahead is the No. 1 way to minimize risk, both on and off duty.

Don’t take short cuts.”

The biggest concern is accidents caused by drinking and driving. “Don’t go to a party and drink alcohol without a designated driver or some other way to get home,” Mr. Bruce said. “Since your judgment is the first thing to go, it’s too late to plan once you’ve started drinking.”

When planning a road trip, wing safety suggests people pay attention to driving conditions. Travelers should also be well rested and take 15-minute breaks every three hours. Drivers should always fasten their safety belts.

Motorcycle mishaps are another concern.

“Wear all required protective equipment such as helmets and brightly colored clothing,” Mr. Cox said. “Drive defensively and watch out for the other driver.”

The key to remaining safe this holiday is planning.

“Start planning today and commit yourself to thinking before you act,” Mr. Bruce said. “If there is any increased risk in what you’re about to do, consciously be careful.”

# People show pride, flag

By Senior Airmen Corey Drury  
*56th Fighter Wing Public Affairs*

People are proudly displaying the U.S. flag in a show of support following the terrorist attacks Sept. 11 on the World Trade Center in New York City and the Pentagon, Arlington, Va.

Most people know how to properly display the flag, but others do not.

“I think it’s great people are showing so much patriotism,” said Master Sgt. Stella Cook, 56th Services Squadron Military Honor Guard flight chief. She does, however, see problems with the way some of the flags are being displayed. “When I’m driving down the highway or going down the road and I see flags on vehicles that, after being driven down the highway at high speeds, are shredded. I want to tell them that it is not right.”

According to Public Law 94-344, the flag should never be fastened, displayed, used or stored in such a manner as to permit it to be easily torn, soiled or damaged.

Flags should also be replaced when

they become frayed, torn or faded. They also shouldn’t be displayed when the weather is bad, unless an all-weather flag is used.

“The flag is an emblem of our country, something we rally behind. It is a federal offense to deface or fly the flag in an inappropriate manner,” Sergeant Cook said.

It is the universal custom to display the flag only from sunrise to sunset on buildings and on stationary flag-staffs in the open. However, when a patriotic effect is desired, the flag may be displayed 24-hours-a-day if properly illuminated.

The flag should never touch anything beneath it, such as the ground, the floor, water or merchandise. The flag should never be carried flat or horizontally, but always aloft and free.

More instructions on flying the flag can be found online at [www.uscode.house.gov](http://www.uscode.house.gov).

“It gives me a great feeling to see the American flag fly,” said retired Col. LeSueur Woodrow. “It’s the most beautiful flag in the world.”

# Sergeant talks about religion

By Staff Sgt. J. Propst

56th Fighter Wing Public Affairs

An Islamic lay leader assigned to Luke is educating people about what it means to be a Muslim.

Tech. Sgt. Terence Ali, 56th Supply Squadron Commander Support Section NCO in charge, is speaking at different events around the base to answer questions about his religion.

“We want people to get a better understanding of what Islam is,” Sergeant Ali said. “It’s not an effort to convert people. We want to educate people more than anything else.”

Sergeant Ali said he does this because spreading the religion of Islam is a Muslim’s No. 1 duty. He also believes many people have questions now since Islam has been getting a lot of media attention due to the Sept. 11 terrorist attacks on the World Trade Center in New York City and the Pentagon in Arlington, Va.

“People are curious because you see so much and hear so much about Islam. They want to know what Islam really is,” Sergeant Ali said. “Islam stands for total submission to God. Muslims live to please God first and only.”

People are also asking Sergeant Ali about the Sept. 11 attacks and how Muslims feel about them.

“The Muslim community is very hurt over what happened on Sept. 11,” Sergeant Ali said.

Sergeant Ali also wants American people to know what happened Sept. 11 is not Islam; it is someone’s personal hatred. So far, Sergeant Ali’s message has been well received.

Sergeant Ali also represents Luke on a council that includes 11 Phoenix mosques.

Anyone who wants Sergeant Ali to speak at their event can call (623) 856-7262.

# 63 students graduate ALS

Sixty three senior airmen graduated Oct. 30 from the 56th Fighter Wing Airman Leadership School Class 01-7.

Senior Airman Kimberly Roberts, 56th Civil Engineering Squadron, won the John Levitow Award as the top graduate.

The distinguished graduates were: Senior Airman Andrew Albright III, 56th Component Repair Squadron; Senior Airman Lourn Evans Jr., 309th Fighter Squadron; Senior Airman Misty Willaford, 56th Mission Support Squadron; Senior Airman James Parasolick, 310th Fighter Squadron, and Senior Airman Robyn Williams, 56th CES.

Senior Airman Albright also received the Academic Excellence Award and Senior Airman Williams received the Leadership Award.

The other graduates were:

**56th Fighter Wing:** Senior Airman Tamashea Thomas

**56th Operations Group:** Senior Airman Luke Conwell

**56th Operations Support Squadron:** Senior Airman Brian Griffiths

**21st Fighter Squadron:** Senior Airman Michael Legg

**61st Fighter Squadron:** Senior Airmen Thomas Berg and Albert Dawman Jr.

**62nd Fighter Squadron:** Senior Airmen Aaron Wooton and Tiffany Small

**63rd Fighter Squadron:** Senior Airman Christopher Sims

**308th Fighter Squadron:** Senior Airmen Michael Thompson, Jeffrey McCoy and Andrew London

**309th Fighter Squadron:** Senior Airmen Michael Belandres, Timothy Money and Michael Hohn

**310th Fighter Squadron:** Senior Airmen James

Campbell, Christina Henderson, Josiah Marbury and Angela Erpelding

**56th Logistics Support Squadron:** Senior Airman Jannete Arzadon

**56th Component Repair Squadron:** Senior Airmen Rodel Delarmente, Steven Morehouse, Andrew Tischler and Anthony Wright

**56th Equipment Maintenance Squadron:** Senior Airmen Brian Bayus, Brian Goring, Tony Rudicill, Stephen Therrien, Matthew Harris, Matthew Chumard, Edward Dealejandro, Christopher Beckner, Aaron Brooks, Andre Prince, James Johnson, Janeka Jones, Rodrick Kaloostian, Jason Neighbors, Ryan Reeves and Michael Shaffer

**56th Supply Squadron:** Senior Airman Ashley Hoffhine

**56th Transportation Squadron:** Senior Airman Christopher Barta

**56th Civil Engineer Squadron:** Senior Airman Kevin Krantz

**56th Communications Squadron:** Senior Airmen Jennifer Noble, Jennifer Hutchins and Michael Sakowicz

**56th Mission Support Squadron:** Senior Airman Darryl Dew

**56th Security Forces Squadron:** Senior Airmen Kyle Meyer and John Mongiello

**56th Services Squadron:** Senior Airman Lauralee Corona

**56th Aerospace Medical Squadron:** Senior Airman Ayatullah Taylor-Dorsett

**56th Dental Squadron:** Senior Airman Melissa Carbullido

**56th Medical Operations Squadron:** Senior Airmen Jeffrey Patterson, Christie Cameron and Brian Gardere

**607th Air Control Squadron:** Senior Airmen Carrie Arndt and Todd Dawson

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# Local ‘chef’ gives turkey, ham how-to’s

By Staff Sgt. Gina Lewis

Det. 1, 372nd Training Squadron

The holiday season is just around the corner and with it, Thanksgiving. There are many approaches to menu planning, but this is the one time most people can count on turkey and ham with all the trimmings.

Even though people normally have turkey and ham as the main entrée, meat selection, preparation and cooking procedures can be confusing. Don’t fret. Here are some tips to ensure a successful Thanksgiving meal.

The first thing to decide is how much to cook. A good estimate is 2 pounds of meat per person. Do not use a higher number because there will be other wonderfully prepared foods served as well.

Next, select the meats. The commissary should have everything needed, except the oven. The average family with guests — eight to 10 adults with children — should buy a 15- to 24-

pound turkey or an 18- to 20- pound ham. If buying both ham and turkey, purchase a 10- to 12-pound ham and 12- to 15-pound turkey. This amount will ensure there are leftovers to freeze and use later for ham and beans, turkey or ham potpies, and many other dishes.

The key to a successful Thanksgiving meal is preparation.

The turkey takes about three days to thaw in the refrigerator. Do not set it out on the counter to thaw because of the risk of food poisoning. If it is not thawed completely the night before, place it in the sink with cold water and a couple bags of ice. Continue to monitor until thawed, adding ice as it melts.

Once thawed, remove the giblet bag from inside the turkey. Some people like to cook the giblets and add them to the stuffing. Discard the neck. Wash the turkey by scrubbing with salt and lime juice. This rids the turkey of any bacteria.

Next, place the turkey in a roasting pan and season with salt, pepper and garlic. Add two cups of water and cover with aluminum foil.

Bake the turkey about one hour for every two to three pounds in a 350-degree oven. During the last hour or two, baste the turkey every 15 minutes.

When it’s close to being done, check the turkey with a meat thermometer. Insert it in the thickest part of the thigh, being careful to stay away from any bones. The turkey is done when the thermometer reads 180 degrees.

Hams come pre-cooked and uncooked. To cook both types, simply place them in a roasting pan.

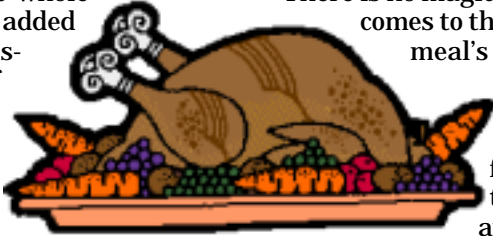
Some people place whole cloves on the ham for added flavor. Another suggestion is to add a can of sliced pineapple, using cloves to hold the pineapple in place, and then add the leftover pineapple

juice in the roasting pan. Try adding 1 cup of brown sugar and a cup of water into the roasting pan as well.

If the ham is already seasoned, you may want to add two cups of water and baste it occasionally as it cooks.

Cover and bake the ham at 325 degrees. Cooking times for the ham vary depending if it is pre-cooked, uncooked, bone-in or boneless. Check with a meat thermometer to determine doneness. The thermometer should read 140 degrees for a pre-cooked ham and 160 degrees for an uncooked ham. Remember to stick the thermometer into the thickest part of the ham and to avoid touching the bone.

There is no magical recipe when it comes to the Thanksgiving meal’s main entrée. It simply requires planning, patience and following directions. Bon appetite!



# Terrorist acts change focus of national power

By **Jim Garamone**  
*American Forces Press Service*

**WASHINGTON** — Focusing national power is different following the terrorist attacks of Sept. 11, said Gen. Richard Myers, Joint Chiefs of Staff chairman.

In the past, people viewed the military, diplomatic, law enforcement and financial arms of the government as separate entities, General Myers said at the Fletcher Conference recently.

The U.S. military’s experience so far in the war on terrorism shows what focusing the power of America can mean, General Myers said.

“Terrorism is a direct threat to freedom around the world,” he said. “All instruments of national power are now engaged in a just and relentless campaign we’ve named Enduring Freedom.”

“This is a new kind of war,” General Myers said. “The military may not be decisive.”

“Even the IRS is involved. Thankfully, they are on

our side,” General Myers said.

He likened the war against global terrorism to taking down an organized crime syndicate.

“You want to hit them where it hurts,” General Myers said.

National power is focused on going after terrorist finances and logistics. Officials seek to interrupt ter-

rorist information flows and their ability to train and recruit new personnel. U.S. undercover agents infiltrate to gather intelligence, and other elements of power go after known bases of operations.

Fighting the war, therefore, can mean “green eye shade types”

going after money or Generation Y children surfing the Internet, he said.

The coordination between these diverse agencies is crucial to victory, General Myers said. The United States has learned to focus these elements via an interagency process.

“I’ve been involved in interagency debates and operations and the process, and I would say that so far

the interagency coordination and cooperation has been remarkable,” he said. “In fact, I’ve never seen the different agencies of our government work so well together.”

General Myers said he had an object lesson on how that worked in the Pentagon. He said he walked through the Joint Staff Crisis Action Team area and spied a gentleman in a suit.

“He was introduced as the FBI representative to the team,” General Myers said. “That’s a pretty good optic of what we’re talking about here.”

The military must push this type of cooperation to the theaters, he said. The military has always had good liaison with the intelligence agencies, he continued, but in the future military commanders will need better liaison with Treasury, the FBI, the State Department and others.

“It took too much time to put together the team,” General Myers said. “We missed the opportunity to send the right message, sometimes we sent mixed signals, and we missed opportunities as well.”

Information operations range from psychological operations to public affairs.

“It’s a complicated and demanding business,” he said.

It is clear, he said, the information operations campaign must be front-loaded — that is, in place beforehand.

*“... I’ve never seen the different agencies of our government work so well together.”*

*Gen. Richard Myers*  
Joint Chiefs of Staff chairman



Staff Sgt. Christopher Matthews

*Brig. Gen. Steve Sargeant, 56th Fighter Wing commander, inducts 60 of Luke's newest honorary commanders during the induction ceremony Saturday.*



Staff Sgt. Christopher Matthews

*Master Sgt. Rory Davis, 56th Component Repair Squadron, explains the different components of the F-16 engine to a guest.*

## Thunderbolts celebrate 60th anniversary, welcome honorary commanders



Tech Sgt. Mark Davis

*Dan Mathews of the Steamin' Javelinas plays the harmonica to entertain 350 guests at Saturday's festivities.*



Staff Sgt. Christopher Matthews

*Brig. Gen. Steve Sargeant, 56th FW commander, presents U.S. Rep. Bob Stump a photo of Luke jets as a token of appreciation for the congressman's unwavering support of Luke.*

Around Base

Fort Tuthill special

Military ID cardholders who stay one night in the Fort Tuthill lodge in Flagstaff will receive a second night free Sunday through Thursday now through Dec. 20. Thanksgiving week is excluded. For more information or to make a reservation, call (623) 856-3401 or (800) 552-6268.

Health benefits fair

Civilian employees are invited to attend a health benefits fair Nov. 29 from 8 a.m. to 3 p.m. in the 56th Support Center third floor atrium. The Federal Employees Health Benefits open season ends Dec. 10.

Base picnic

All base personnel are invited to attend a free picnic Nov. 30 from noon to 3 p.m. at the fitness center ball fields. Hot dogs, hamburgers and sodas are served. More than 30 Peoria Chamber of Commerce members are sponsoring booths with giveaway items. KDKB-FM radio is providing entertainment. Additionally, the

Phoenix Coyotes are bringing an inflatable hockey rink for people to play and practice.

Disco dance

The youth center is conducting a disco dance Nov. 30 from 6:30 to 9 p.m. The dance is open to those 6 to 18 years old. Admission is \$3 per person. Refreshments are available for purchase. Call (623) 856-7470 for more information.

Community swap meets

Luke's community swap meet is Dec. 1 from 7 a.m. to noon at the Defense Logistics Agency located north of the El Mirage Road and Glendale Avenue intersection. The cost is \$5 per site, which includes one table and chair. To reserve a space, call (623) 856-6267 or (623) 856-7152.

Career explorers

Teens 13 to 18 years old are introduced to potential career opportunities through the career explorers program, which meets Tuesdays from 6 to 7 p.m. at the youth center. Participants must register by 8 p.m. the previous day. Call (623) 856-6225 or (623) 856-7470 for more information.

Talent night ...



Airman 1st Class Julie Simmons

Airman 1st Class Brenda Cornell, 56th Mission Support Squadron, sings her way to first place Nov. 13 in Luke's talent competition. She will continue on to compete for a Top in Blue position.

## Movies

Movies begin at 7 p.m. unless otherwise noted. Cost is \$3 per adult and \$1.50 for children 11 and under. For more information or for a movie schedule, e-mail [lukeafbtheater@yahoo.com](mailto:lukeafbtheater@yahoo.com).

### Friday

#### “Zoolander” (PG-13)

Stars Ben Stiller, Owen Wilson, Will Ferrell, Milla Jovovich and Christine Taylor.

Ben Stiller is Derek Zoolander, a supermodel overflowing with charisma but lacking in common sense. He is targeted by a dangerous crime organization that wants him to carry out some dangerous plans. Suddenly, Zoolander has to think fast — but with his head always in the clouds, Zoolander has trouble thinking at all. *(105 minutes)*



### Saturday

#### “Training Day” (R)

Stars Denzel Washington, Ethan Hawke, Tom Berenger, Dr. Dre and Snoop Dogg.

Every day a war is waged on America’s inner city streets — a war between residents, drug dealers and the people sworn to protect one from the other. This war has its casualties, including Los Angeles Police Detective Sergeant Alonzo Harris, a 13-year veteran narcotics officer whose questionable methodology

blurs the line between legality and corruption. His optimism has been chipped away by his tour of duty in the streets, where fighting crime by the book can get him killed, and getting the job done often requires Alonzo and his colleagues to break the laws they are there to enforce. *(123 minutes)*



### Sunday at 6 p.m.

#### “Joy Ride” (R)

Stars Leelee Sobieski, Stuart Stone, Basil Wallace, Steve Zahn and Paul Walker.

Driving across the country the summer after his first year of college, a young man can’t wait to pick up his girlfriend. When he stops to help out his brother along the way, he gets himself into a terrifying situation with a deranged truck driver who is determined to teach him a lesson. *(96 minutes)*



## Chapel News

### Worship schedule

The following services and classes are at the Luke Community Chapel unless stated otherwise:

#### Protestant

- ♦ Sunday traditional service is at 8 a.m.
- ♦ Sunday school program is at 9:30 a.m.
- ♦ Sunday gospel service is at 8:30 a.m. at the Chapel on the Mall
- ♦ Sunday contemporary service is at 11 a.m.; children’s church is also available
- ♦ “Singles at the Way” is Saturdays at 6 p.m.
- ♦ “Youth at the Way” is Tuesdays at 7 p.m.

#### Catholic

- ♦ Saturday Mass is at 5 p.m.
- ♦ Sunday Mass is at 9:30 a.m. and 12:45 p.m.
- ♦ Weekday Mass is at noon

#### Jewish

- ♦ Shabbat service is at 6 p.m. every fourth Friday

#### Muslim

- ♦ Muslims interested in Friday congregational prayers should call the chapel at (623) 856-6211 for details.

### Religious education

- ♦ Confirmation classes are Sunday from 5:30 to 7 p.m.
- ♦ The junior Catholic youth group meets Tuesdays from 5 to 7 p.m.
- ♦ The Catholic youth group meets Wednesdays from 5:30 to 9 p.m.
- ♦ CCD classes are at 11 a.m. in Bldg. 1150 in the third floor atrium
- ♦ Baptism seminars for parents of children under 7 years old are at 7 p.m. every first and second Monday of every month at “The Way.”

## Around Base

### Gift wrapping

Gift-givers are invited to wrap their holiday presents Dec. 3 through 21 at the community center. Cost is 50 cents per package as large as 24 by 24 inches and includes paper, ribbon and bow. Call (623) 856-7152 for more information.

### Free admission

Military ID cardholders receive free admission Dec. 11 to the West Valley Art Museum in Surprise. For more information, call Arick Conners or Donna Russo at (623) 972-0635.

### Tours

Thunderbolts can tour the Barry M. Goldwater Range and Gila Bend Auxiliary Field to watch pilots dropping munitions on a manned range and visit an archaeology site with artifacts. Range tours are Dec. 18, Jan. 17, Feb. 19, March 19 and April 18. For more information or to make reservations, call (623) 856-3183.

### Free park admission

Knott's Berry Farm in Anaheim, Calif., and Sea World in San Diego are offering free admission to active-duty military and their immediate families. Knott's Berry Farm's week-long annual salute to the armed forces has been extended with free admission until Thursday. Sea World, along with nearly all of Anheuser-Busch Adventure Parks, is offering free admission through the end of 2001. For detailed information, go to each company's Web site at [www.knotts.com](http://www.knotts.com) or [www.seaworld.com](http://www.seaworld.com).

## Ready, aim ...



Airman 1st Class Julie Simmons

*Col. Dennis Rea, 56th Fighter Wing vice commander (right), and Chief Master Sgt. Kevin Isakson, 56th FW command chief, fire shotguns Friday at Luke's annual Turkey Shoot. The fund-raising event netted more than \$700 for the First Sergeant Council Fund, which benefits the Luke community by supporting Airman Leadership School graduations, annual awards and other programs.*



Airman Delvin Barnes

Carl Lehman, 607th Air Control Squadron heating, ventilation and air conditioning technician, lifts weights at the fitness center. Lehman broke four Arizona weightlifting records Nov. 10 at a competition at Mesa High School.

## Luke member breaks four Arizona records

By Airman Kara Philp

56th Fighter Wing Public Affairs

A Team Luke member broke four Arizona weightlifting records Nov. 10 at a Natural Athlete Strength Association Federation competition at Mesa High School.

Carl Lehman, 607th Air Control Squadron heating, ventilation, and air conditioning technician, competed against 50 other weightlifters sweeping three categories and the overall competition.

"I found out about the competition about three months ago, but I only had a couple weeks to get ready," Lehman said. "There are several pre-meet cycles that get you to your max right before a competition."

To win, Lehman squatted 518 pounds, bench pressed 408 pounds, and dead lifted 550 pounds for a total of 1,476 pounds, which broke the 1997 record of by more than 100 pounds.

"A neighbor kid I knew would lift in his garage and one day I went with him. That's how it all got started," Lehman said. "Throughout high school I

would lift with the team, but I couldn't compete because I wouldn't cut my hair. I just enjoyed doing it, not just the physical part."

Lehman didn't start competing until four years ago at Aviano Air Force Base, Italy.

"My first competition was in December 1997, just for fun," Lehman said. "I didn't have my mind set on competing. It was a bench press contest and I got first place."

Lehman's next competition was in January 2000 at the U.S. Air Forces in Europe championship at Ramstein Air Base, Germany.

"I had been lifting all this time and just wanted to see what I could do," Lehman said.

The competition, like most, had the squat, bench presses and lift contests. Lehman came in third place in his weight division due to technical errors.

"I had a couple 'no lifts' called on me on the bench press," Lehman said. "The referee calls 'up, down' and I lifted before he called it, so it didn't count. The guy who took first place even came up to me and told me I would have won if it wasn't for the technical errors."

Since the 2000 competition, Lehman has been

developing his own work-out routine.

"I was working out for about two hours a day, five days a week," Lehman said. "It was a hobby and a routine—I had to go. Now I'm only at the gym 45 minutes to an hour, four days a week. My wife is very supportive. She ensures I make it to the gym."

Although Lehman maintains his time in the gym, there are other goals he hopes to achieve.

"I just started squats two years ago and I need to work on them," Lehman said. "I never liked working on my legs, but my squat weight was 518 pounds."

The Arizona records that Lehman broke were only a couple pounds off of the national weightlifting record.

"I qualified for nationals in March, I'm going to try to go. I already broke the national record, but since it wasn't at 'nationals' it doesn't count," Lehman said. "They will be held in Oklahoma, but I might be in Airman Leadership School around that time."

Still, even if he can't attend, Lehman knows he's got what it takes to win.

## Turkey trot...



Airman 1st Class Julie Simmons

Luke Honor Guard members participate in the annual Turkey Trot 5K Run or Walk Friday. About 72 Thunderbolts participated.

## Sports Shorts

### NFL football

Watch football each Sunday at the Desert Star Enlisted Club. For more information, call (623) 935-2610.

### Golf

Golf classes are available to Luke children ages 5 to 7 from 2:30 p.m. to 4 p.m. Saturdays.

Cost is \$50 for four sessions for beginners and \$65 for intermediate players. The cost includes range balls, greens fees and clubs are provided if necessary.

Private lessons are also available. The cost is \$35 for 45-minutes of instruction. For more information, call (623) 535-8355.

### Aerobics classes

The aerobics center offers step aerobics classes 11 a.m. Mondays through Fridays, 5 p.m. Mondays through Fridays, and 4:30 p.m. Fridays. A beginner's step aerobics class is offered 6:30 p.m. Mondays and Wednesdays. For more information call (623) 856-6241.

### Bowling

Luke Lanes offers price saver specials Tuesdays, Wednesdays and Thursdays from 10:30 a.m. to 9 p.m. Cost is \$1.40 per game. For more information, call (623) 856-6529.

### Open gym

Children ages 6 to 12 years can play basketball, volleyball or table tennis at the youth center from 6 to 7:30 p.m. Nov. 29.

There is no cost and appropriate shoes must be worn in the gym. For more information call (623) 856-6225.

### Equipment rental

Outdoor recreation now has 26-inch single-speed bicycles for rent. For more information call (623) 856-6267.

### Firewall fitness

The Firewall Fitness program's new cut off date is June 2002. All active-duty military, Defense Department civilian employees, Reservists and Guard members are eligible to participate. Activities and awards are listed on the tracking form. For more information, call Judy Peterson at the Aerobic Center at (623) 856-6241.